



# HEALTHY WATERS

I FEEL  
SLOVENIA

## Slovenian Health & Spa Resorts

Iztok Altbauer, Managing Director, Slovenian Spas  
Association

# CONTENTS

Natural Spas  
in Slovenia,  
land of healthy waters

1. Nature

2. Tradition

3. Knowledge

4.

Signature  
treatments  
in Slovenian Spas



Slovenia  
is  
**THE ONLY  
EUROPEAN  
COUNTRY**

connecting  
unique and distinctive  
geographical  
worlds

4



lps meet the Mediterranean,  
the Karst and the Pannonian Pla





ALPS

A scenic view of a Mediterranean coastal town at sunset. The foreground is filled with the blue and white foam of waves crashing. In the middle ground, a rocky pier extends into the sea, with a church featuring a tall, ornate bell tower. To the right, colorful buildings in shades of red, orange, and yellow line the shore. The sky is a soft blue with a warm orange glow from the setting sun. The word "MEDITERRANEAN" is overlaid in white capital letters, centered between two horizontal white lines.

MEDITERRANEAN

# KARST





# THERMAL PANNONIA



At the crossroads of  
the Alps,  
the Mediterranean,  
the Karst and  
the Pannonian Plain

Slovenia

is

**POSITIONED AS ...**

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# GREEN

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# ACTIVE

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HEALTHY

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SLOVENIA

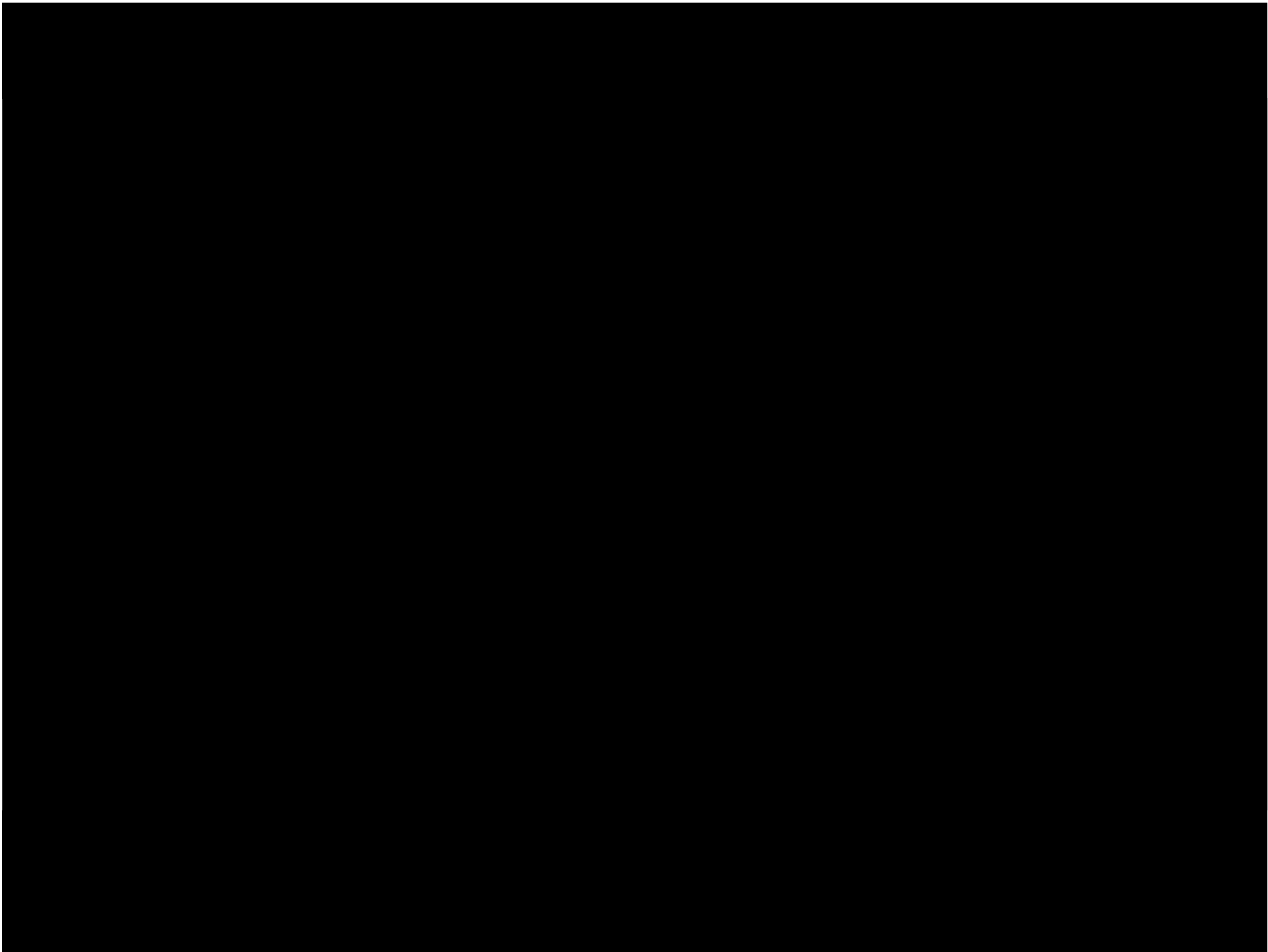
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# THE LAND OF HEALTHY WATERS

High quality of drinking  
water

87 natural thermal springs

2 globally unique mineral  
drinking waters



By the sea, in wine-growing hills,  
embraced by the forests,  
along clean rivers,  
with mountain views ...



15 unique stories

15 STATE VERIFIED NATURAL SPAS

All members of Slovenian Spas Association

1 Health

4 LEADING  
PRODUCTS

2

Prevention-  
Medical  
wellness

4

Aquafun & Thermal  
Water Parks

3

Wellness  
Self-care

# 1.

It all starts with ...

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## NATURE

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In Slovenia, the land of  
healthy waters...



SLOVENIAN SPAS

The stories of  
Slovenian Natural Spas are ...

# **STORIES OF BENEFICIAL THERMAL WATERS AND OTHER NATURAL HEALING RESOURCES**



SLOVENIAN SPAS

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# HEALTH FROM NATURE

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Renowned and proven  
effective, natural  
healing resources



SLOVENIAN SPAS

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# THERMAL AND MINERAL WATERS

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Many of them are one  
of a kind



SLOVENIAN SPAS

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# UNIQUE DRINKING MINERAL WATERS

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Radenska  
Donat Mg



# Donat Mg®, more than magnesium

CLINICALLY  
PROVEN  
REGULATES  
DIGESTION

MORE ►

Natural mineral water with **over 400 years of tradition** that alleviates the problems of modern life.



Richer in magnesium than any other natural mineral water\*



Unblocks



Relieves heartburn



<http://www.rogaska-medical.com> ►



The Right effects with the Donat Mg Moments mobile application.

Clinically proven that Donat Mg® is effective in stimulating digestion and improving quality of life



Radenska is, by CO<sub>2</sub> content, ranked among the richest mineral waters in Europe

# OTHER UNIQUE NATURAL HEALING RESOURCES



Mineral peloids, Pohorje peat, thalassotherapy  
with sea water, brine and healing salina mud,  
a beneficial climate with aerosols ...

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# LOCAL CHARACTER

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**All Slovenian Natural  
Spas value and build  
upon local natural  
resources**



Negative ions/cm<sup>3</sup>

**Sea air : City air**  
**500 : 1**

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**ACT°ION**

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The wealth of negative ions improves brain function, healing process and immune system

**Strunjan saltpans**  
SOLINE • SICCIÖLE • SALINEN

**PORTOROŽ**

**Sečovlje saltpans**  
SOLINE • SICCIÖLE • SALINEN



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# RESPONSIBILITY & DEDICATION

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We conserve our natural riches  
with love! Slovenian Natural  
Spas work in a sustainable way  
– Slovenia Green, Eco-label





The story of healthy waters  
is so much about...

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# TRADITION

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In Slovenian Natural Spas with  
centuries of tradition



SLOVENIAN SPAS

The stories of  
Slovenian Natural Spas are ...

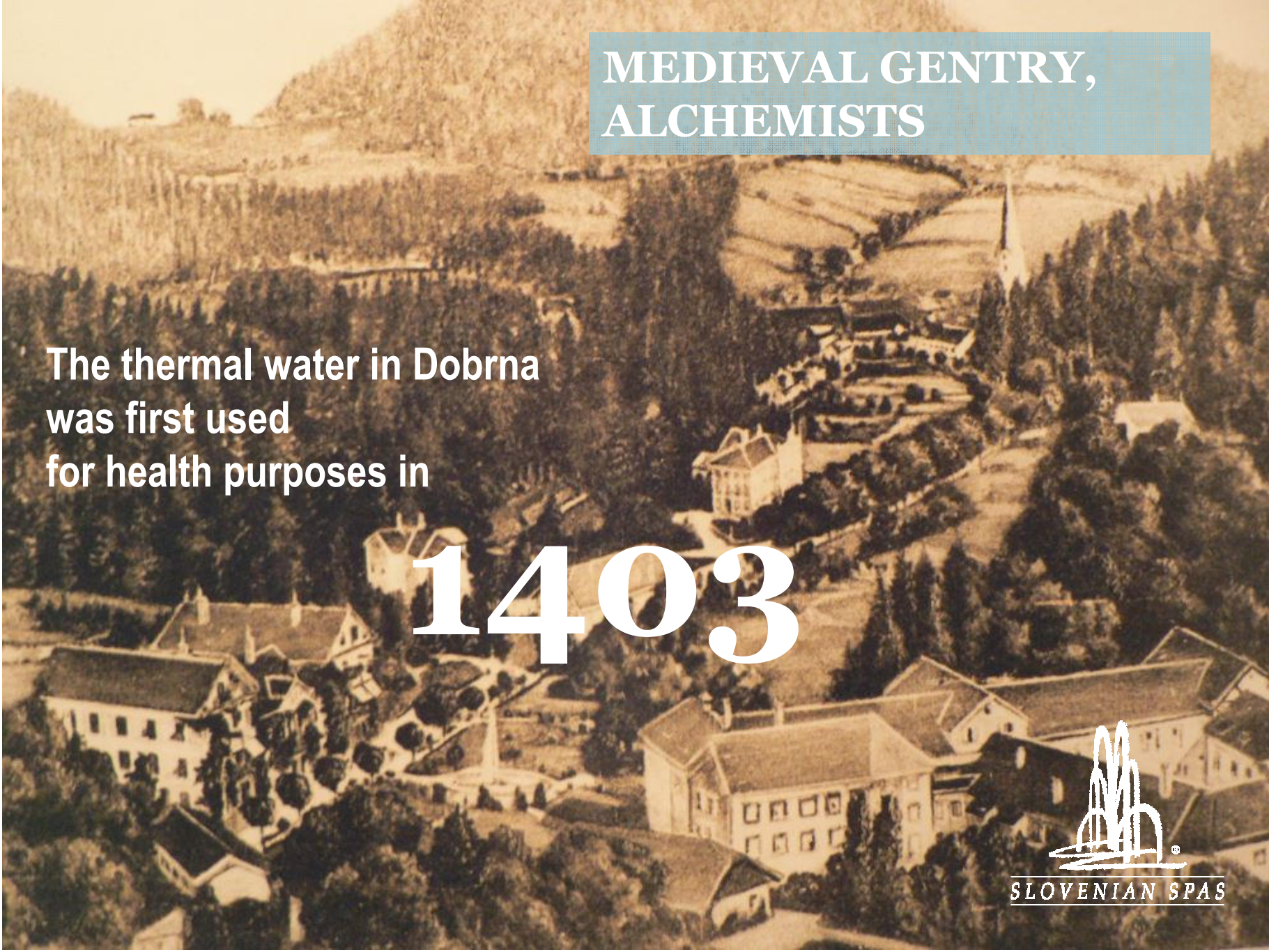
**STORIES OF PEOPLE  
THAT HAVE SINCE  
ROMAN TIMES  
BEEN INSPIRED BY THEM  
FOR HEALTHY AND  
GOOD LIVING**



The history of  
many Slovenian  
Spas dates back  
to the  
ROMANS



SLOVENIAN SPAS

An aerial photograph of the town of Dobrna, Slovenia, nestled in a valley. The town features several large, light-colored buildings, likely hotels or sanatoriums, surrounded by dense green forests. In the background, steep, forested hills rise up. A church with a tall, thin spire is visible on a hillside to the right. The overall scene is peaceful and scenic.

## MEDIEVAL GENTRY, ALCHEMISTS

The thermal water in Dobrna  
was first used  
for health purposes in

1403



SLOVENIAN SPAS



Slovenian spas were among  
the most eminent at the time  
of blossoming of  
EUROPE'S COURTS

The healing powers of  
Rogaška waters were  
known even before the  
written mention in the  
year

1572

Legend has it that Apollo ordered  
the winged horse  
Pegasus to stamp his hoof, open  
the Rogaška spring Roitschocrene  
and drink

**the source of  
health and true  
divine power**







The story of healthy waters  
has been built upon

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# KNOWLEDGE

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In Slovenia, the land of  
healthy waters...

The stories of Slovenian Natural Spas are about people and knowledge...

**PROVEN EFFICIENCY OF  
THE NATURAL HEALING  
RESOURCES IS  
COMBINED WITH THE  
WORK OF WELL-TUNED  
AND QUALIFIED  
TEAMS OF DOCTORS**





STRONG  
MEDICAL TEAMS

734

37 specialists – Physiatriests, Internists, 20 other specialists,  
183 Physiotherapists, 500 other medical staff, complemented  
by domestic and foreign experts from clinical centres and  
private clinics

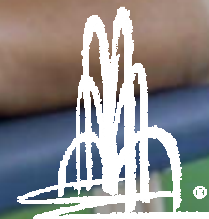
# Indications

| Indications                       | Čatež Thermal Spa | Dobrna Thermal Spa | Dolenjske Toplice Thermal Spa | Therma Laško | Lendava Thermal Spa | Terme 3000 – Moravske Toplice | Olimia Thermal Spa | Ptuj Thermal Spa | Radenci Health Resort | Rogaška Medical Centre | Talaso Strunjan | Šmarješke Toplice Thermal Spa | Topolšica Thermal Spa | Zreče Thermal Spa |
|-----------------------------------|-------------------|--------------------|-------------------------------|--------------|---------------------|-------------------------------|--------------------|------------------|-----------------------|------------------------|-----------------|-------------------------------|-----------------------|-------------------|
| Cardiovascular diseases           |                   |                    |                               |              |                     |                               |                    |                  | ✓                     | ✓                      |                 | ✓                             | ✓                     |                   |
| Rheumatic diseases                | ✓                 | ✓                  | ✓                             | ✓            | ✓                   | ✓                             | ✓                  | ✓                | ✓                     | ✓                      | ✓               | ✓                             | ✓                     | ✓                 |
| Locomotor system injuries         | ✓                 | ✓                  | ✓                             | ✓            | ✓                   | ✓                             | ✓                  | ✓                | ✓                     | ✓                      | ✓               | ✓                             | ✓                     | ✓                 |
| Digestive system diseases         |                   |                    |                               |              |                     |                               |                    |                  |                       | ✓                      |                 |                               |                       |                   |
| Metabolic diseases                |                   |                    |                               |              | ✓                   |                               |                    | ✓                | ✓                     | ✓                      |                 |                               |                       |                   |
| Gynaecological diseases           | ✓                 | ✓                  | ✓                             | ✓            | ✓                   | ✓                             |                    |                  |                       | ✓                      |                 |                               |                       | ✓                 |
| Kidney and urinary tract diseases |                   | ✓                  |                               |              |                     |                               |                    |                  | ✓                     | ✓                      |                 |                               |                       | ✓                 |
| Neurological diseases             | ✓                 | ✓                  | ✓                             | ✓            | ✓                   |                               | ✓                  | ✓                | ✓                     |                        |                 | ✓                             | ✓                     | ✓                 |
| Skin diseases                     |                   |                    |                               | ✓            | ✓                   | ✓                             | ✓                  |                  |                       | ✓                      | ✓               |                               |                       |                   |
| Neurotic disorders                |                   | ✓                  |                               |              |                     | ✓                             | ✓                  | ✓                |                       |                        |                 | ✓                             | ✓                     | ✓                 |
| Respiratory diseases              |                   |                    |                               |              | ✓                   |                               |                    |                  |                       |                        | ✓               |                               | ✓                     | ✓                 |



# HOLISTIC APPROACH

Diagnostics,  
rehabilitation treatments,  
prevention  
and care



SLOVENIAN SPAS



MEDICAL  
REHABILITATION

TOP RESULTS

in the field of medical rehabilitation



SLOVENIAN SPAS

# THERAPIES – KINEZIO THERAPY



Renowned tradition  
of thermalism and  
balneology



SLOVENIAN SPAS

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THERMALISM AND  
BALNEOLOGY

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# THERMALISM AND BALNEOLOGY





Prevention using the power of  
nature for health and vitality

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MEDICAL WELLNESS

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## SOME NUMBERS

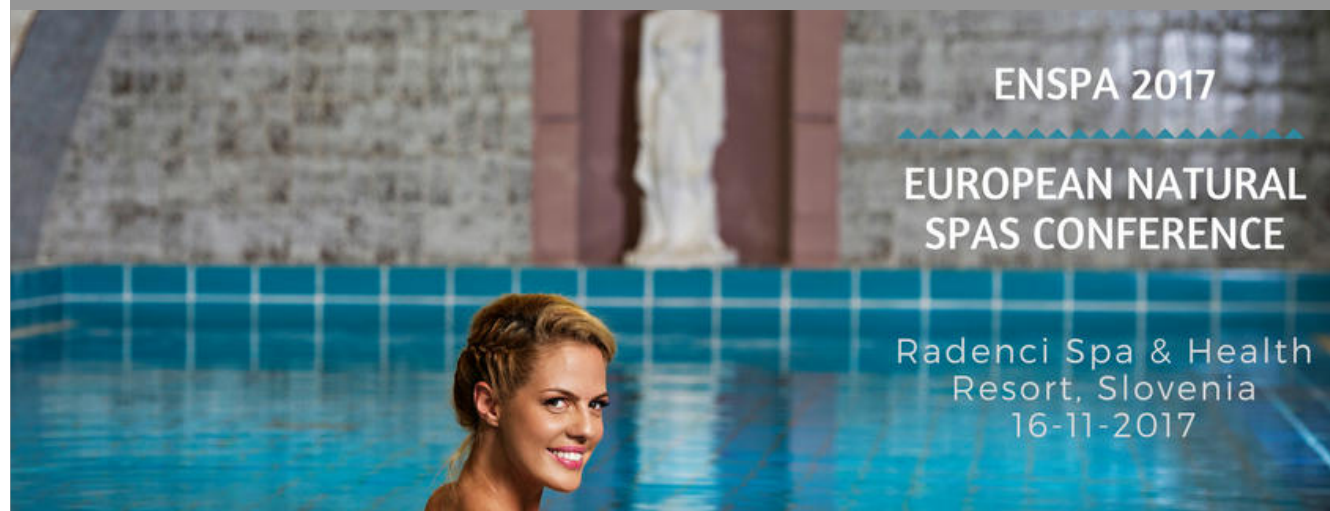
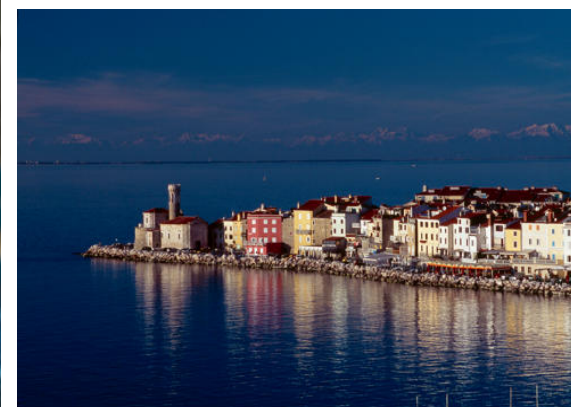
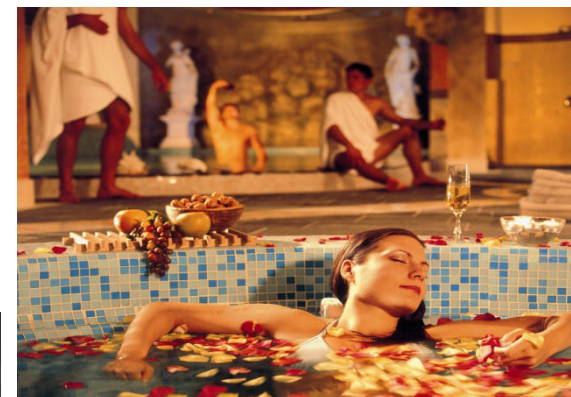
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Thermal spas  
are generating  
a third of all  
overnight stays  
in Slovenia

- 9.200 hotel beds (mostly 4\*);
  - 4.200 beds in camps
  - 1.580 beds in apartments
- 704.000 arrivals (guests)
- 2.700.000 overnight stays
- 63,8 % yearly occupancy in hotels
- 10 % services through public health system
- 30,1 % share of arrivals in Slovenia
- 11 % of international tourists in Slovenia

**The 2<sup>nd</sup> edition of ENSPA – European Natural Spas & Wellness Conference - November 16, 2017 in Radenci Spa & Health Resort on occasion of 60<sup>th</sup> anniversary of Slovenian Spas Association**

Detailed programme is already available at the conference website: [www.en-spa.eu](http://www.en-spa.eu)



# 4

The story of      healthy  
waters      comes into life  
         through...

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## SIGNATURE TREATMENTS

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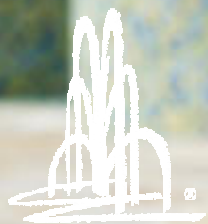
In 15 Slovenian Natural Spas





Unique natural paraffin-  
thermal mineral water is a  
source of vital energy

LENDAVA THERMAL  
SPA



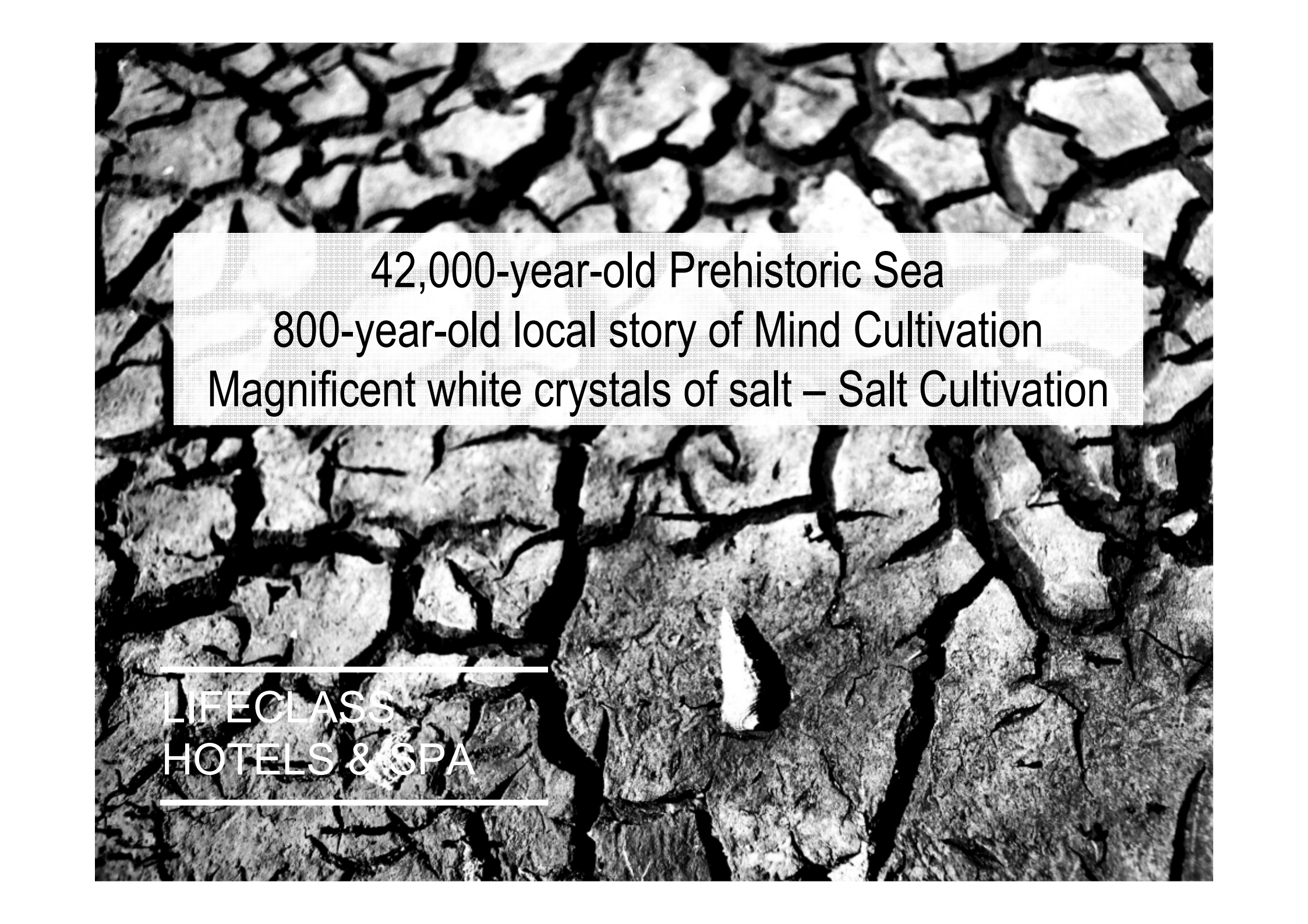
SLOVENIAN SPAS

**One of a kind –  
black thermal mineral water,  
the warmest in Slovenia**

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**TERME 3000  
MORAVSKE TOPLICE**

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42,000-year-old Prehistoric Sea  
800-year-old local story of Mind Cultivation  
Magnificent white crystals of salt – Salt Cultivation

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LIFECLASS  
HOTELS & SPA

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SLOVENIAN SPAS

**7 Wellness Centres**  
The most comprehensive  
wellness, spa and medicinal offer  
in Central Europe covering an  
area of 10,000 m<sup>2</sup>

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**LIFECCLASS  
HOTELS & SPA**

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# SEČOVLJE SALT PANS

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Negative ions/cm<sup>3</sup>

**Sea air : City air**  
**500 : 1**

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**ACT°ION**

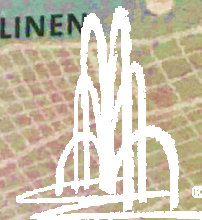
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The wealth of negative ions improves brain function, healing process and immune system

**Strunjan saltpans**  
SOLINE • SICCIOLE • SALINEN

**PORTOROŽ**

**Sečovlje saltpans**  
SOLINE • SICCIOLE • SALINEN



SLOVENIAN SPAS



SLOVENIAN SPAS

# THALASSO STRUNJAN

Mediterranean Slovenian health resort with the Thalassotherapy centre by the sea in a protected Nature park

# ŠMARJEŠKE TOPLICE THERMAL SPA



Medico-wellness centre impresses with its healthy weight-loss and detoxification programmes



SLOVENIAN SPAS

# RADENCI HEALTH RESORT

Radenska mineral water  
with a high CO<sup>2</sup> content  
heals and invigorates  
Fountain of health and  
beauty

# MEDICAL CENTER ROGAŠKA

One and only traditional  
Spa Town in Slovenia,  
with the top Class –  
Rogaška Medical Spa  
Centre.



SLOVENIAN SPAS

# MEDICAL CENTER ROGAŠKA

Treatment with unique natural  
resources

Drinking Donat Mg water from  
its source, mineral baths,  
fango, herbal wraps and a  
beneficial climate



Ten thousand year old Pohorje  
peat from the depths of Pohorje's  
forests is proven to be an effective  
natural healing source

## ZREČE THERMAL SPA



SLOVENIAN SPAS

# ZREČE THERMAL SPA

The unique combination of Zreče Thermal Spa and the medium mountain Rogla Sports Centre in Pohorje mountains



# THERMANA LAŠKO



160 year-old tradition of the beneficial  
Laško  
water is also reflected in an excellent offer  
for rehabilitation





The local brewery Laško with 185 years of tradition is reflected through signature wellness treatments based upon hops and beer

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THERMANA  
LAŠKO

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# DOLENJSKE TOPLICE THERMAL SPA



Formally one of the most eminent spas in the Austro-Hungarian Empire,  
today taking pride in itself as  
one the best spa hotels in Europe

Take a break as  
was enjoyed by an  
actual Roman  
emperor

One of the most  
often awarded  
medico-wellness  
centres

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## PTUJ THERMAL SPA

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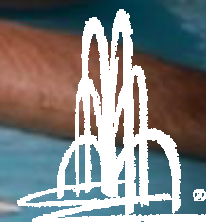


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# ČATEŽ THERMAL SPA

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The most family  
friendly  
wellness thermal  
spa



SLOVENIAN SPAS

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# ČATEŽ THERMAL SPA

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Thermal capital  
365 days a year



SLOVENIAN SPAS



Exceptional energy of a 200 year-old park  
with ideal set-up according to the feng shui  
masters

DOBRNA THERMAL  
SPA

# TOPOLŠICA THERMA SPA

Beneficial springs  
and relaxing green  
surroundings



SLOVENIAN SPAS

# TOPOLŠICA THERMAL SPA

United six therapies led by professional therapists, through which one can alternately indulge in healing properties of thermal water and other natural remedies



SLOVENIAN SPAS

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# OLIMIA THERMAL SPA

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Back to self.  
Slovenia's No 1  
destination for selfness



SLOVENIAN SPAS

Perform the in house  
ritual and see how  
easy it is to awaken  
your dormant vital  
energy

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OLIMIA  
THERMAL  
SPA

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SLOVENIAN SPAS

# OLIMIA THERMAL SPA

Wellness Orhidelia continues to be selected as “the best spa centre in Slovenia”



# THALASSO DAY SPA LEPA VIDA

In the mids of an over  
millennium-old salt pans



A woman is lying face down on a massage table, covered with a light blue towel. A therapist in a white uniform is performing a back massage. The setting is a wooden spa area with large windows and white curtains. The text "Effects of the healing climate with aerosols, healing sea mud and salt" is overlaid on the bottom left.

Effects of the healing climate  
with aerosols, healing sea mud  
and salt

THALASSO DAY SPA  
LEPA VIDA



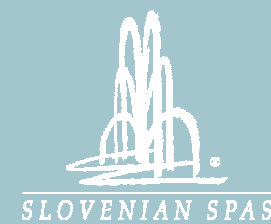
We hope to see you in  
Slovenian Natural Spas for some signature treatments

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THANK YOU

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Slovenian Spas Association, [www.slovenia-spa.si](http://www.slovenia-spa.si)



I FEEL  
SLOVENIA



#ifeelsLOVEnia

#sLOVEnianSPAS